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Stay healthy by practicing workplace hygiene by Andy Decosta

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Do not be shocked to know that work places are packed with tons of microbial creatures thereby possessing a threat to your health. To tell you the truth, your workplace is a den of microbial criminals making you susceptible to detrimental health consequences if proper hygiene and sanitation measures are not followed. Chatting besides the water cooler or near the coffee machine are the common places when a group of individuals gather together and share their thoughts.

But, have you ever thought that these places are the main culprits for making your immune system weak? No, then itâ€™s time to make yourself aware of the tips to shield yourself from the harmful micro-organisms that are wandering around your job place as frequent exposure to these species may make cause a havoc in your routine and physically fit life. Keyboard, break room sink handles, door handles, dispensers, computer mice, vending machine buttons and desk phones are some of the major hotspots of germs in your work place.

Practice hygiene and stay fit and healthy

By knowing where the microbes are present in greater amounts one can take necessary precautions while going to that particular area. Hence, it is recommended to know the place visited by a number of people and keep you restricted from that place. Itâ€™s in your hands to protect yourself from the infectious germs by following some simple and hygiene workplace approaches.

Here are some measures that are extremely easy to execute and that posses the ability to keep you safe and protected amidst the delirious and detrimental germs at your workplace.

â€¢ Washing your hands â€“ This does seem to be an archaic term but, it does work to free you from your office germs. Cleaning your hands after arriving at your office, after coughing or sneezing, before and after having your lunch and after using the restroom can drastically reduce your chances of acquiring diseases.

â€¢ Sanitize yourself regularly â€“ Keeping a hand sanitizer with you can work wonders on your health. Use it before and after your conference and after you are done with your dayâ€™s work.

â€¢ Be clean and tidy â€“ Make use of disinfectant to clean your desk area and also clean your drawer frequently. Do not leave any uneaten food stuffs for longer time as they aid for microbial growth.

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The writing style and technical views laid down by the author tells a lot about his personality and interest areas and his ability to provide good and in-depth content on every health topic is really commendable.
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